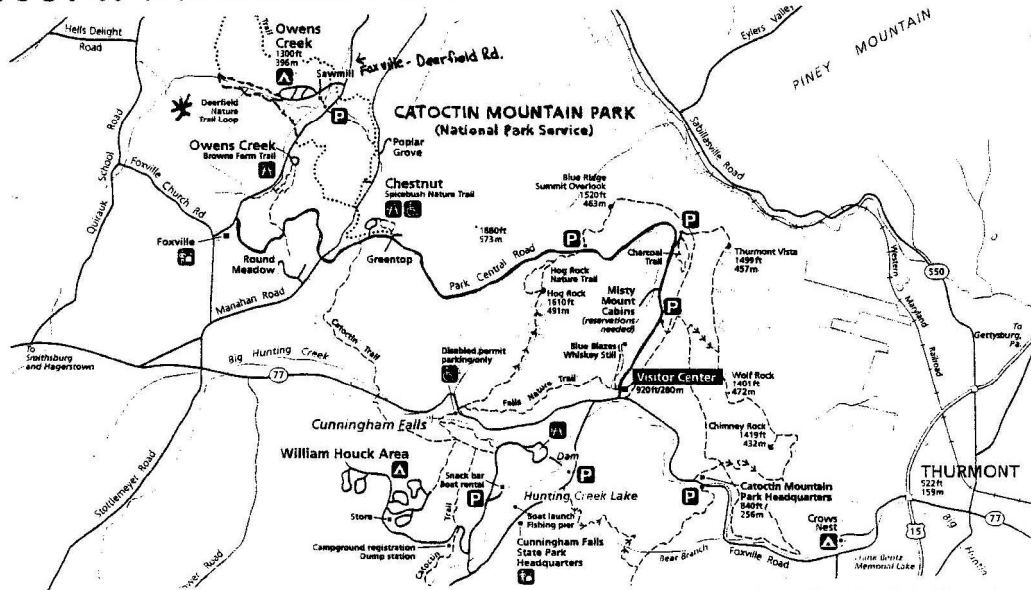


# LOCAL WALKING TRAILS

By Marylou Stone

## Catoctin Mountain Park - Deerfield Nature Trail



Did you ever just want to get away and enjoy the sounds of a babbling brook and hear the birds softly chip without hearing the sounds of cars? Well, this is the trail for you.

Deerfield Nature Trail is a 1.3 mile loop in Catoctin Mountain Park. Stop by the Visitor's Center to get an interpretive guide to understand the numbers along the trail. The trail is rated moderate and has a few steep climbs. Wearing tennis shoes or hiking boots are a must since the trail is rocky.

Once you are at Catoctin Mountain Park, take the Park Central Road to Foxville-Deerfield Road. In the spring, summer, or fall, turn into the Owens Creek Campground and park at the bulletin board. In the winter, either park at the Owens Creek Picnic area and take the connecting trail to the campground or park at the sawmill exhibit parking area. There is limited parking at the exhibit area. Once in the campground, hike to camp site number 30 where the trail begins and ends.

I hiked this trail in the spring and spotted many wildflowers like Rue Anemone, Trout Lily, and Jack-in-the-Pulpit. A Belted Kingfisher flew into view and started to fish for his supper.